

Hot Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 1 sticks garnishes: cinnamon lemon wedges whole
- ☐ 2 sticks cinnamon (2-inch)
- ☐ 4 slices optional: lemon cut in half
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup blackstrap molasses

Equipment

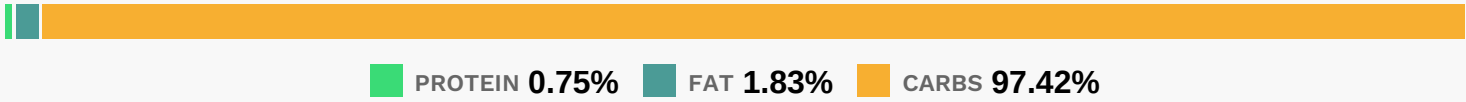
- ☐ sauce pan

☐ slotted spoon

Directions

- ☐ Bring cider and next 4 ingredients to a boil in a large saucepan over medium-high heat, stirring occasionally; reduce heat, and simmer 15 minutes.
- ☐ Remove cinnamon sticks and cloves with a slotted spoon; stir in lemon juice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:15.73, Inflammation Score:-3, Nutrition Score:5.0556521687819%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg, Epicatechin: 9.91mg Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 155.38kcal (7.77%), Fat: 0.33g (0.5%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 38.2g (13.89%), Sugar: 34.48g (38.32%), Cholesterol: 0mg (0%), Sodium: 15.55mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Manganese: 0.58mg (28.98%), Potassium: 500.53mg (14.3%), Magnesium: 56.95mg (14.24%), Vitamin B6: 0.17mg (8.51%), Vitamin C: 6.25mg (7.58%), Iron: 1.23mg (6.81%), Calcium: 64.24mg (6.42%), Copper: 0.12mg (6.07%), Selenium: 3.59µg (5.12%), Fiber: 0.94g (3.78%), Vitamin B1: 0.05mg (3.66%), Vitamin B5: 0.27mg (2.71%), Vitamin B2: 0.04mg (2.24%), Phosphorus: 22.08mg (2.21%), Vitamin B3: 0.35mg (1.74%)